

What's happening ...

Chapel

Contact the chapel at **895-1106**. To speak to the duty chaplain after hours, call **895-5850**.

Worship schedule

Protestant services:

8 a.m., Sunday gospel service, Friendship Chapel
9:45 a.m., Sunday liturgical service, Friendship Chapel (weekly communion)

11 a.m., Sunday shared-faith Protestant service, Palmetto Chapel

4 p.m., Sunday youth group, chapel annex
7 p.m., Sunday, Young Adult Worship, Palmetto Chapel

Catholic services:

11:30 a.m., Tuesday - Friday, Daily Mass/Communion, Palmetto Chapel

4:15 - 4:45 p.m., Saturday confession, Palmetto Chapel

5 p.m., Saturday Mass, Palmetto Chapel

9 a.m., Sunday Mass, Palmetto Chapel

Bible study

A Bible study is scheduled for Mondays at Friendship Chapel at 7 p.m. This Bible study is conducted completely by enlisted airmen. All are invited. For more information, call Senior Airman Curtis Thomas at **895-6550** or **316-0579** or e-mail cthomas@bww.com.

Spouses Space

Enlisted Spouses' Club

The Enlisted Spouses' Club is scheduled to meet Monday at 7 p.m. at Club Shaw. After a short meeting, the group will have a scavenger hunt. For more information, call Kim Dire at **666-9561** or Vanessa Plair at **499-4273**.

OCSC

The Officers Civilian Spouses Club is scheduled to meet Sept. 16 at 6:30 p.m. at the Greenleaf Inn in Camden, S.C. Members and guests interested in participating will meet at the Conference Center (former Club Shaw Annex) and carpool at 5:55 p.m. The reservation deadline is Sept. 12. The menu will be chicken marsala, steak, crab cakes or vegetable risotto. For more information, call Krista Pieper at **436-9942** or e-mail F16rowdy@aol.com.

FSC

Sponsorship training

Sponsorship training is set for Tuesday from 10 to 11 a.m. Training is mandatory for first-time sponsors and those who haven't sponsored for the past year. For more information or to sign up, call **895-1252**.

Bundles for Babies

Bundles for Babies, a class for expectant mothers,

is scheduled for Wednesday from 1 to 4:30 p.m. It is designed to help expectant mother know what to do when the baby arrives. Learn coping skills and get prepared for the arrival of a new family member. Learn how the new addition to the family will impact finances and how to handle it. Sign up to get the Time Life book, Your Baby's First Year, and other freebies. E-4 families and below can also receive a free layette. For more information, call **895-1252**.

Volunteer of the Month nominations

Nomination packages for August are due to the FSC no later than 3 p.m. Thursday.

Time for Tots

This parent-toddler group, cosponsored by the FSC and Family Advocacy, meets Thursdays from 10 to 11:30 a.m. at the Youth Center. The meeting's activities will include Circle Time: *One, Two Buckle My Shoe* and art project: make beanbags and play beanbag toss game. It's an opportunity for parents to network and share issues. For more information, call Marcy Prior at **499-2656**.

Give Parents a Break

Give Parents a Break will be Sept. 13 from 10 a.m. to 2 p.m. at the Child Development Center (infants - 5 year olds) and the Youth Center (6 - 12 year olds). You must meet certain criteria to be eligible. To sign up, get a referral certificate from one of the following agencies: FSC, Family Advocacy, Medical Group, chapel or squadron. Parents must bring in the child's most current shot records and a referral certificate to the CDC/Youth Center. Subsequent sign-ups can be called in. First-come, first-serve basis only. Deadline to sign up is Thursday by noon. For more information, call the CDC at **895-2247**, Youth Center at **895-2251** or the FSC at **895-1252**.

Information

Thunder Alley

Come to Shaw Lanes Friday and Saturday nights for Thunder Alley. Bowl with all the fog, lights and music. For more information and times, call **895-2732**.

My Community and Me

My Community and Me is a program for fourth graders in Sumter beginning Monday and continuing through the month. Volunteers meet with the students to introduce them to occupations represented in the community. Volunteers from Shaw are asked to spend approximately one hour plus travel time to support this educational community relations effort. To participate, call Tech. Sgt. Chuck Hinrichs at **895-2026**.

Southern Women's show

Tours and Entertainment is hosting a trip to Charlotte, N.C., to the Southern Women's show Sept. 18. The cost is \$17 per person and includes round-trip transportation and admission to the event. For more information on this and other trips, call **895-4774**.

Football Frenzy

Club Shaw will begin hosting Football Frenzy Sept. 14 at noon. Someone could win a trip to the Super Bowl. For more information, call **666-3651**.

Lunch menu entrees for Chief Master Sgt. Emerson E. Williams Dining Facility

Today -- Crispy baked chicken, cajun meat loaf, steak

Saturday -- Tuna and noodles, sauerbraten, chicken parmesan

Sunday -- Swiss steak with tomato sauce, baked chicken, sweet Italian sausage

Monday -- Onion lemon fish, pork schnitzel, yak-isoba

Tuesday -- Barbecue ribs, fried chicken, fried catfish

Wednesday -- Lasagna, Italian veal, Italian sausage

Thursday -- Seafood newburg, beef and corn pie, roast turkey

(Information courtesy of the 20th Services Squadron.)

At the movies

Movie schedule and start time are subject to change. To hear recorded movie information, call **895-2199**.

* Admission: Friday night -- \$1; Saturday -- \$3 for adults, \$1.50 for children under 12; Sunday -- \$1.50.

Friday

7 p.m., Lara Croft Tomb Raider: The Cradle of Life, PG-13 (Action violence and some sexuality) -- This time around, archaeologist and explorer extraordinaire Lara Croft journeys to a temple, sunken underwater. It leads to a sphere that contains the mythical Pandora's Box, only to have it stolen from her by Chen Lo, the leader of Chinese crime syndicate, who's in league with a bad guy named Reiss who wants to use the box as a doomsday weapon.

2 hrs. 10 mins.

Saturday

7 p.m., Pirates of the Caribbean: The Curse of the Black Pearl, PG-13 (Action/adventure violence) -- Set in the Caribbean Sea in the 17th century, this is the story of a gentlemen rogue of a pirate, Jack Sparrow. He teams up with the daughter of a governor to stop the evil plan of a ship of dangerous pirates trying to reverse an ancient curse that leaves them stuck between life and death.

2 hrs. 23 mins.

Sunday

3 p.m., Pokemon Heroes, G -- Ash and Pikachu travel to the Water Capital of the world, Alto Mare, where they meet two new Pokemons, the brother/sister pair of birds called Latias and Latios. They protect a treasure called the Droplet of the Heart, which is the target of a pair of thieves, Zanna and Rion. As the town gets accidentally flooded, the Droplet becomes endangered. Can Ash save the day?

1 hr. 20 mins.

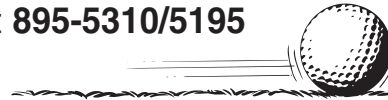
New paintball league

The Skeet and Trap Range is starting a new paintball league. Those interested in participating need to contact Richard Hale at richard.hale@shaw.af.mil by Sept. 15. For more information, call the Outdoor Recreation Center at **895-0449**, or Skeet and Trap at **895-0331**.



Black Heritage Committee's Inaugural Golf Tournament

- Carolina Lakes Golf Course Sept. 12
- Registration 11:30 a.m.-12:30 p.m. for 1 p.m. shotgun start
- Each team must have a minimum handicap of 55
- \$20 for members, \$30 for non-members
- Includes green fees, cart and prizes
- Door, 1st, 2nd, 3rd place, closest to pin and longest drive prizes
- RSVP and payment due by Tuesday
- For more information, call Isaac Harris at **895-1412/3389** or Charlie Helms at **895-5310/5195**



SPORTS SHORTS

Bowling

The Shaw Commissary Wednesday night bowling league has openings for adults. The season is scheduled to begin Sept. 17. For more information, call Mary Akers at 499-2274.

The Youth Bowling League is scheduled to begin Saturday. The Pee Wee (ages 3-4), and Bantam-Preps (K-6th grade) leagues start at 10 a.m.

Golf play-offs

Play-offs for the 2003 season are scheduled to begin Tuesday.

5K Run on base

A 5K run is scheduled for Sept. 13 at 9 a.m. Activities will begin at the 5000-area shoppette and Teen Center parking lot. The parent-child 100-yard dash (children 7 and under) is \$1 per participant. The 1-mile kids run (children 8-12) is \$2 per participant. The 5K race is \$3 per participant. Money raised will be donated to a charity. Drinks will be provided and prizes awarded. For more information, call Tech. Sgt. James Prior at 499-2656.

Deer Season

The 2003 deer season at Poinsett Electronic Combat Range is scheduled to begin Oct. 4 for Shaw members. All hunters must possess a valid South Carolina hunting license including a big game permit. Persons under 16 may hunt with an adult at no additional charge. The legal weapon is a rifle of no less than .234 caliber.

Hunters must wear a florescent orange hat or vest. Hunt dates are scheduled for Oct. 4, 11-12, 18, 25; Nov. 1, 8-9, 15, 22, 29; Dec. 6, 13, 20 and Jan. 1.

Hunters must make a reservation the Monday prior to the desired hunt date by calling **895-9996** between 7:30 and 9 a.m. and are required to pay a \$10 hunting permit fee. For more information, call Ronnie June at **895-9985**.

Viper Challenge

The Viper Challenge fitness competition, part of 20th Fighter Wing Sports Day, is scheduled for Oct. 10. Those interested in competing can contact their squadron sports representative for more information.

Start training now

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON -- Air Force fitness experts say airmen must begin preparations now if they want to pass the new fitness evaluations in January.

"They need to start training today for year-round fitness to meet mission readiness. They must include running, push-ups and crunches into their program," said Sylvia Goff, an exercise physiologist at the Bolling Air Force Base, District of Columbia, health and wellness center.

The new Air Force fitness evaluation program, which will replace the cycle ergometry test for most airmen, involves running, push-ups, crunches and a measurement of body composition.

Tammy DeCoux, the program manager for the Air Force Services Agency's fitness and sports office, said airmen do not need to be concerned about the safety of running -- if they do it correctly.

"A running program should be entered into slowly at first, with increasing progression of intensity and duration as conditioning occurs. Mild

injuries caused by running are often due to things such as inadequate warm up, cool down or stretching; improper technique; poor running shoes; and over-training," said DeCoux.

Local health and wellness centers, as well as fitness centers, can play a key part in helping airmen prepare their bodies for the demands of the new fitness standards, said DeCoux.

"Base fitness centers can provide the equipment and guidance needed to carry out fitness programs. Additionally, we have fitness experts in the centers to help individuals train, one-on-one," said DeCoux.

For airmen who want to start preparing for the running portion of the fitness evaluation, Goff recommends combining walking and running.

"Alternate running and walking until you are able to sustain a run," she said. "Some will be able to sustain the run a lot sooner than others. Once you can sustain the run, increase your speed by no more than 10% per week."

People who have been sedentary for a long time or have health risk factors should obtain a physician's clearance before beginning an exercise program of any kind, she said.